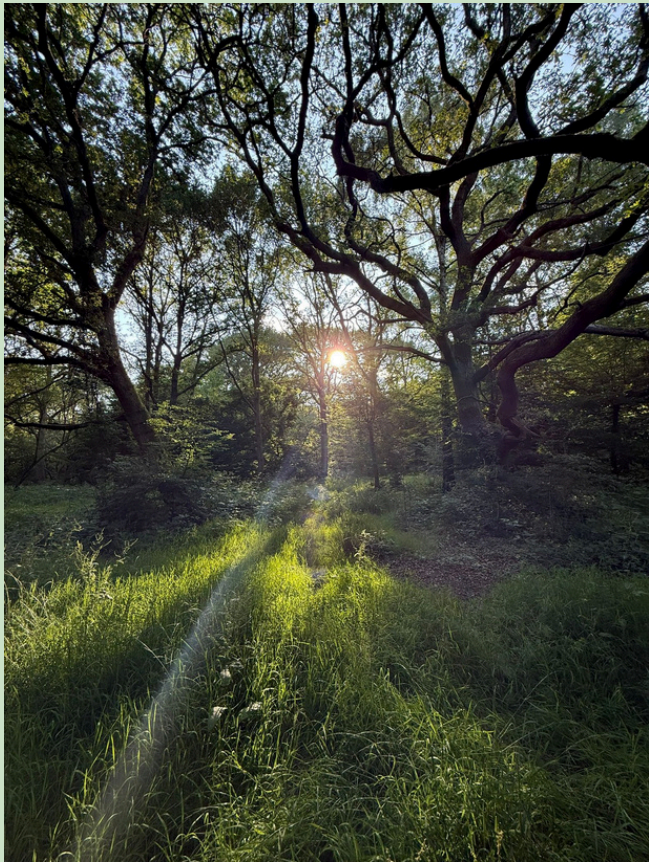




TAKING THE INSIDE OUT & BRINGING THE OUTSIDE IN

Welcome to the Guide

Simple ways to work outside more, how to be productive whilst walking and tips to bring some of the outside in.



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HOW TO WORK OUTSIDE MORE

Step into nature, and the world softens, the noise fades, the path clears, and something greater than you whispers: you belong here. And then this - Leave the four walls behind and step beneath the endless sky, out here, perspective widens, noise quiets, and the bigger picture breathes you in

Exposure to natural elements, whether through direct outdoor work or bringing nature indoors, significantly improves cognitive function, reduces stress, and boosts innovative thinking.

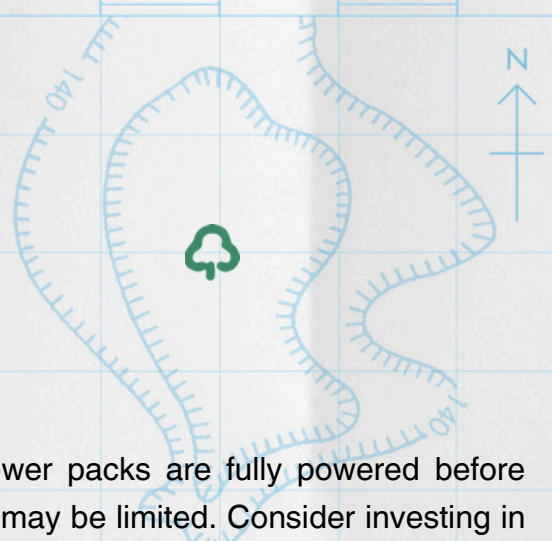
The simple act of stepping outside or incorporating natural elements into your workspace can transform your work experience from mundane to inspiring.

Natural light regulates our circadian rhythms, improving focus and energy levels throughout the day. Fresh air increases oxygen flow to the brain, enhancing mental clarity and decision-making abilities. The sounds, sights, and sensations of nature activate our parasympathetic nervous system, creating optimal conditions for both focused work and creative breakthrough moments.

At The Outspire, I believe that reconnecting with the natural world isn't just beneficial, it's essential for sustainable high performance and meaningful work.



My anywhere office



5 TIPS TO WORK OUTSIDE

1. Charge your devices the night before

Ensure your laptop, phone, headphones and power packs are fully powered before heading outdoors, as access to charging stations may be limited. Consider investing in a solar charger for extended outdoor work sessions to maintain productivity without worrying about battery life, and have backup headphones.

2. Be informed

Weather preparation is crucial for successful outdoor work sessions, and having detailed, real-time weather information can make the difference between a productive day outside and a frustrating experience. I use AccuWeather as it predicts rain by the minute, allowing me to plan my outdoor work schedule with precision and confidence.

3. Get your headphones and walk and talk

Transform routine phone meetings into energising walking sessions. Use quality recommend bone-conductor headphones so you can hear and feel connected to nature while on a call.

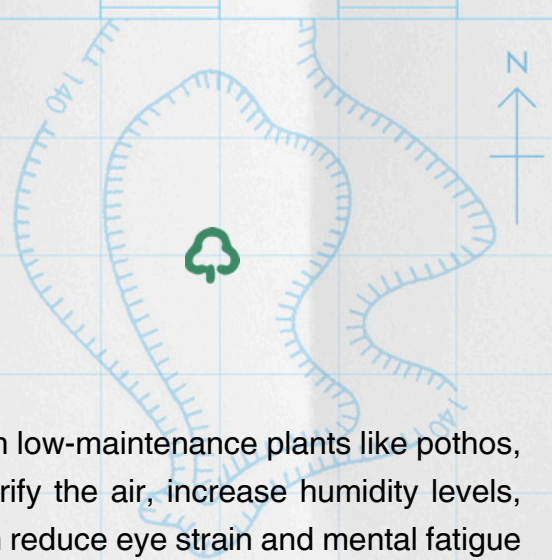
4. Pack a weather-ready mobile office kit

Create a portable work setup that includes a weather-resistant laptop stand, an adjustable tripod, a compact outdoor cushion or portable chair, screen cleaning cloths for glare management, and an umbrella, pop-up shelter or poncho that can be thrown over yourself and gear should it unexpectedly rain.

A thermal seat mat is one of my most treasured items for a wet bench or a rugged and wet log. A must in winter. Another item I like is my clip-on shelf for my brew. This preparation ensures you can work comfortably in various outdoor conditions.

5. Choose your outdoor workspace strategically

Scout locations that offer reliable Wi-Fi or strong cellular coverage, comfortable seating options, and appropriate lighting conditions for your screen. Consider factors like foot traffic, noise levels, access to facilities and always know the distance to cover should it rain. Popular options include park pavilions, outdoor café patios, beach boardwalks, or even your own garden or balcony.



5 TIPS TO BRING THE OUTSIDE IN

1. Have a plant

Introduce living greenery into your workspace with low-maintenance plants like pothos, snake plants, or peace lilies. Plants naturally purify the air, increase humidity levels, and provide a visual connection to nature that can reduce eye strain and mental fatigue during long work sessions.

2. Sit by a window

Position your desk near a window to maximise natural light exposure and create visual breaks by gazing at outdoor scenes. This simple change can improve your mood, regulate your sleep cycle, and provide micro-moments of restoration throughout your workday.

3. Open the window

Allow fresh air to circulate through your workspace whenever possible. The increased oxygen flow and natural temperature variations help maintain alertness while the subtle outdoor sounds create a more dynamic and engaging work environment than sterile indoor silence.

4. Play nature-inspired music

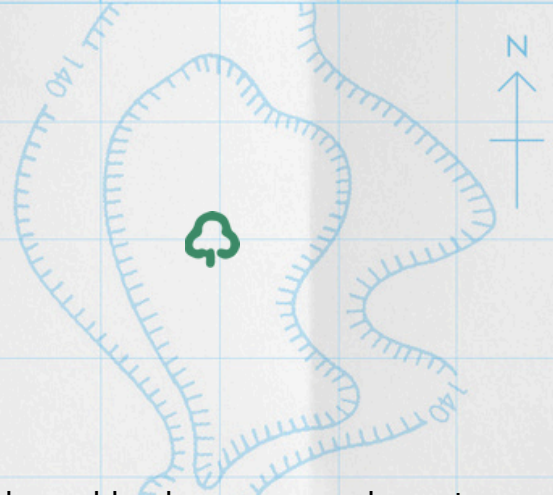
Curate playlists featuring gentle nature sounds like flowing water, bird songs, or rustling leaves mixed with ambient music. These soundscapes can mask distracting indoor noises while creating a calming backdrop that supports both concentration and creativity.

5. Use natural materials and textures

Incorporate wooden desk accessories, stone paperweights, or natural fibre, textiles into your workspace. These tactile elements provide sensory connections to the outdoors and can help ground you during stressful moments, creating a more authentic and inspiring work environment.

6. Expand your visual field

Research consistently demonstrates that both real-life and photographic exposure to nature can significantly improve various aspects of health and well-being. These benefits include reduced stress and anxiety, improved mood, increased concentration, and even pain relief. The restorative effects of nature, whether experienced firsthand or through imagery, are well-documented and can be valuable for both physical and mental health.



REAL-LIFE EXPOSURE TO NATURE

1. Stress Reduction:

- Spending time in nature has been shown to lower blood pressure, reduce stress hormone levels, and decrease nervous system arousal, acting as an antidote for stress.

2. Improved Mood:

- Nature can evoke positive emotions like calmness, joy, and creativity, and can help reduce feelings of anger, tension, and depression.

3. Enhanced Cognitive Function:

- Studies suggest that natural environments can improve concentration, attention, and cognitive performance, making it easier to focus on tasks.

NATURE PHOTOGRAPHY AND IMAGERY

Research indicates that viewing images of natural landscapes can reduce pain perception, as shown by fMRI scans indicating changes in brain activity.

1. Mood Enhancement:

- Similar to real-life experiences, nature photography can elicit positive emotions and feelings of relaxation, potentially calming the right orbitofrontal cortex (OFC), which is often hyperactive in individuals with depression and anxiety, according to a study published in the National Institutes of Health (NIH).

2. Cognitive Benefits:

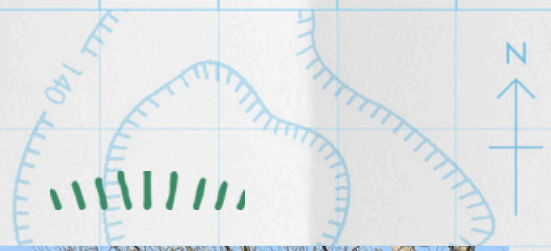
- Even brief exposure to nature pictures can improve executive attention, which is crucial for memory and reasoning.

3. Stress Reduction:

- Nature images can help individuals relax and recover from stressors, potentially buffering the negative effects of stress on physical and mental health.

4. Pain relief

- If in the unfortunate case, you need pain relief, then nature can be part of your recovery plan.



TAKE THESE MEETINGS OUTSIDE

- 1-2-1's
- Brain storming
- Introduction meetings
- Team updates
- Regular catch-ups
- New project briefings
- Performance reviews
- Project washups
- Celebrating success
- Strategic reviews
- Stakeholder management
- Mapping conversations
- Annual planning sessions.



There's always a quiet corner in nature

WHY IT MATTERS

The Outspire viewpoint

Experienced outdoors or through photography, nature has a powerful restorative effect that supports clarity, calm, and overall resilience.

Spending time in nature or viewing images of natural landscapes has been shown to benefit both physical and mental well-being significantly. Real-life exposure to nature can help reduce stress, improve mood, enhance focus, and support overall health, including immune and cardiovascular well-being.

Similarly, nature imagery can offer pain relief, boost positive emotions, improve cognitive function, and aid the body and mind in recovering from stress.

Take your next big conversation, strategy reset, or leadership reflection outside — and return with sharper focus, deeper insight, and renewed impact.